

2005

Annual Report

Citizens Advisory Council on Alcoholism and Drug Addiction



Washington State
Department of Social
& Health Services

DASA Division of Alcohol
& Substance Abuse



September 1, 2005

Dear friends:

It is with great pride that I share with you this Annual Report 2005 of the Citizens Advisory Council on Alcoholism and Drug Addiction.

This was an extremely gratifying year for the Council, and a signature one for the State of Washington. The Legislative and Governor took major steps toward closing the chemical dependency treatment gap, providing substantial new funding for treating adults and youth in need of treatment, as well as setting up pilot programs in intensive case management and integrated crisis response. In addition, increased funding was provided for treatment alternatives to incarceration. We look forward to monitoring progress on implementation of these important steps forward.

The range and depth of our work is growing. We work ever more closely with the staff of the Division of Alcohol and Substance Abuse to ensure availability of services to diverse populations. We have expanded our work with county alcoholism and drug addiction boards to develop a common citizen agenda. We are reaching out to work with Tribes in Washington State in promoting investments in quality substance abuse prevention, intervention, and treatment services. We continue to perform our statutorily mandated role of advising the Department of Social and Health Services regarding rules, policies, and programs directed at individuals and families affected by alcoholism and drug addiction.

We hope you will get involved. Talk to your legislators and local political and community leaders about the importance of alcohol and other drug prevention and treatment services. Write a letter to your local newspaper. Attend community and school forums and help keep substance abuse-related issues before the public. And consider joining us! We always have a place for hard-driving, passionate individuals ready to roll up their sleeves and work for the benefit of all of Washington's people.

Sincerely,

Larry Carter, Chair
Citizens Advisory Council on Alcoholism and Drug Addiction

Our Mission

Citizens Advisory Council on Alcoholism and Drug Addiction

The Citizens Advisory Council on Alcoholism and Drug Addiction is established under RCW 70.96A.070, enacted in 1972. We are dedicated volunteer advocates who advise and recommend to the Department of Social and Health Services rules, policies, and programs that will benefit: individuals and their families with alcoholism/addictions; families and individuals in high risk environments; and the larger community.

Department of Social and Health Services

The mission of the Department of Social and Health Services is to improve the quality of life for individuals and families in need. We will help people to achieve safe, self-sufficient, healthy and secure lives.

Division of Alcohol and Substance Abuse

The Division of Alcohol and Substance Abuse promotes strategies that support healthy lifestyles by preventing the misuse of alcohol, tobacco, and other drugs, and support recovery from the disease of chemical dependency.

Recommendations

To promote safer and more vibrant communities, and a healthier, more productive citizenry, and pursuant to our statutory mandate as set forth in RCW 70.96A.070, the Citizens Advisory Council on Alcoholism and Drug Addiction makes the following recommendations:

1. We endorse the six strategic priorities set forth in the Division of Alcohol and Substance Abuse's (DASA) Strategic Plan 2006-2011, and urge all necessary steps be taken to support DASA in:

A. Closing the treatment gap between those who are eligible and in need of substance abuse treatment and those who, because of financial constraints, actually receive it;

The Citizens Advisory Council is gratified by the expansion in substance abuse treatment services authorized under Senate Bill 5763, which will increase access to 60% of Medicaid-eligible adults and youth under 200% of the Federal Poverty Level who are in need of treatment. We hope to see an end to waiting lists, and that timely access to quality intervention/treatment services is assured.

B. Providing treatment alternatives to incarceration;

The Council is pleased by the Governor and Legislature's efforts to expand treatment alternatives to incarceration under the Criminal Justice Treatment Account. Diverting individuals to treatment will reduce the need for incarceration, prevent recidivism, and make it possible for individuals to make a safe transition into the community.

C. Fulfilling its responsibility as a federally recognized opiate substitution treatment accreditation body;

The Council is excited about the increase in both the number and size of opiate substitution treatment programs in the past several years. A Consensus Panel of the National Institutes of Health concluded that opiate substitution treatment "significantly reduces illness and death from drug use, reduces crime, and enhances social productivity." At a time when abuse and addiction from the illicit use of prescription opiates is soaring, the importance of opiate substitution as a treatment modality takes on enhanced importance.

D. Reaffirming its commitment to science-based prevention;

The Council fully supports DASA's efforts to ensure that at least 50% of substance abuse prevention programs in communities are science-based. We especially note the importance of implementing the Strategic Prevention Framework-State Incentive Grant to ensure prevention efforts are data-driven and outcome focused.

E. Bridging the gaps between research, policy, and practice;

A continually growing body of knowledge now exists that can be used to improve clinical practice, provide guidance in the development of prevention programming, and inform policy decisions. The Council was heartened by the Legislature's efforts to incorporate evidence-based practices into resource allocation planning, and supports Washington State's strong commitment to participation in the national Clinical Trials Network.

F. Developing a strong prevention and treatment workforce;

The increasing recognition of substance abuse problems and their impacts on other social and health systems is exacerbating an already-existing shortage of qualified chemical dependency personnel. The Council supports DASA's initiatives, such as the Tuition Waiver program, to ensure a diverse workforce of knowledgeable and skilled prevention and treatment professionals.

2. We strongly support DASA in its implementation of the Access to Recovery (ATR) grants program, providing treatment and support services to meet the specific needs of individual patients and families as they work toward recovery and self-sufficiency.

Who We Are

The statute under which the Citizens Advisory Council operates requires that it be composed of not less than seven nor more than 15 members. The Council is mandated to be broadly representative of citizens who have been recipients of treatment for alcoholism or other drug addiction and who have been in recovery from chemical dependency for a minimum of two years. At least two-thirds of the Council's members should be former recipients of treatment and not be employed in any occupation related to chemical dependency. The remaining members are to be chosen for their demonstrated concern with alcoholism and drug addiction, and drawn from the business, organized labor, judiciary, and minority communities.

Current Members

Larry Carter (Chair) is a retired attorney, formerly a partner at Preston, Gates & Ellis in Seattle. His interest in service on the Council arises out of his own struggles with alcoholism.

Sally Cassella served as a chemical dependency counselor at the Grant County Alcohol and Drug Center and for Grant County Juvenile Services. She is actively involved in community groups and outreach in rural areas. Her professional career has been focused on families and parenting skills.

Grace Creasman teaches and supervises practicums for future chemical dependency professionals enrolled in the Alcohol/Drug Studies Program at Eastern Washington University. She has a strong interest in adult education and in alcohol/drug abuse prevention on college campuses.

Robin Hopkins is a retired real estate appraiser who served for eight years on the National Board of the Recovery Ministries of the Episcopal Church. In recovery, he has a strong interest in the coordination of government-sponsored and faith-based efforts in the treatment of alcohol and drug addiction.

David McCallum is a retired member of the United Steel Workers of America. In recovery from alcoholism, he spent several years working with the employee assistance committee for his local union. He joined the Council because he knows treatment works.

Guy McMinds is a fisheries expert, and serves as natural resource advisor to the Quinault Indian Nation. A member of the Quinault Tribe, he served as a member of the State Incentive Grant Advisory Board, overseeing initiatives to reduce and prevent substance abuse among youth. He has adopted and raised several children affected by Fetal Alcohol Syndrome and Fetal Alcohol Effects.

Laura Mithoug is a senior supervisor with the City of Seattle's Department of Transportation. She is actively engaged in recovery, and believes in the importance of substance abuse treatment for the entire family.

Linda Pratt is Welfare-to-Work mobility coordinator for People for People in Yakima. She has a long career working with the Yakama Indian Nation and the Northwest-Portland Area Indian Health Board in the provision of health and vocational services to American Indians and training to improve the cultural competency of non-Indian providers.

William Quick is the former supervisor of Field Operations for the Division of Alcohol and Substance Abuse. With a career-long commitment to children and prevention services, he was the first chief of the state's Office of Drug Abuse Prevention, and helped develop several youth-oriented prevention programs that became national models. He is currently a member of the Thurston County Child Protection Team, and serves as a court-appointed special advocate for children.

Gunthild Sondhi retired as Spokane County Community Services Department's substance abuse prevention coordinator, but continues her work in the prevention field. Her passion and commitment earned her the 2001 Washington State Exemplary Substance Abuse Prevention Award.

Recent Accomplishments of the Citizens Advisory Council

This past year has been a busy one for the Citizens Advisory Council as we continued our advocacy as an independent voice committed to ensuring the availability of quality alcohol and drug prevention and treatment services to all Washington residents. High points of our activity included:

- **Advocating to Close the Treatment Gap** – The Council and its members represent the interests of citizens where substance abuse prevention and treatment policy is discussed. During the 2005 Legislative Session, the Council strongly supported proposals, finally embodied in Senate Bill 5763, to substantially increase funding for substance abuse treatment for those both needing and eligible for it. Council members look forward to implementation, which will result in healthier individuals, more vibrant families, safer communities, and a more productive citizenry and state.
- **Reaching Out to County Boards and Tribes** – The Council placed special emphasis in the past year on reaching out to county alcohol and drug boards and Tribes. Council met with members of county boards across the state, and learned about issues specific to particular geographic areas. Presentations were heard from members of Tribes to learn more about and advocate for tribal prevention and treatment programs.
- **Helping Implement the Strategic Prevention Framework-State Incentive Grant (SPF-SIG)** – DASA has recently been awarded \$11.75 million from the federal Substance Abuse and Mental Health Services Administration to implement SPF-SIG, with an emphasis on ensuring state- and community-based prevention programs are evidence-based and outcome-focused. Two members of the Council are serving on the SPF-SIG Advisory Council, one as co-chair.
- **Advocating for Prevention Resources** – The Council is firm in its belief that the best way to deal with substance abuse is to prevent it before it begins. As the science and knowledge base of prevention continues to advance, the Council continues to advocate for the provision of quality services.
- **Sponsoring a Research Subcommittee** – The Council sponsors a Research Subcommittee of more than 70 members. Researchers are drawn from institutions across the Northwest to share their findings with each other, and to build the science base necessary to improve prevention and treatment outcomes.

Overseeing Annual Peer Review

The federal Substance Abuse Prevention and Treatment Block Grant administered by the Division of Alcohol and Substance Abuse requires an annual peer review of 5% of treatment providers who receive funding. This process is overseen by the Council. This year, Council members made several on-site visits, and shared perspectives with reviewers.

This year's review cited the quality of services provided by treatment agencies. They serve diverse populations, using a chemical dependency disease model, individualized treatment plans, and build networks with other social and health service organizations in the community to facilitate cross-program referrals for clients with multiple needs.

The Council found that finding qualified chemical dependency treatment staff continues to be difficult. There is a shortage of Chemical Dependency Professionals (CDPs) who are ethnic minorities, who are bilingual, or who have other specialized skills. Similarly, community boards of treatment agencies do not always reflect the racial, ethnic, and other minority group make-up of the communities they serve. The Council recommends that the Division of Alcohol and Substance Abuse work with providers to develop specialized and formalized plans for recruiting staff and board members who reflect the ethnic/racial composition of communities.

The Council also found that a lack of housing is a significant stumbling block to individuals trying to attain stability and recovery. New housing resources and partnerships need to be brought to bear to ensure the long-term effectiveness of treatment.

Council Development

During the past year, the Citizens Advisory Council took significant steps in furthering its own development. These included:

- Refining an annual planning cycle framework, and continuing development of a working process to like member interests to the Council's work;
- Incorporating contemporary educational presentations as a regular feature of Council meetings. In the past year, there were presentations on: the Washington State Screening, Brief Intervention, Referral and Treatment (WASBIRT) program; the Strategic Prevention Framework-State Incentive Grant (SPF-SIG); Reducing Underage Drinking (RUaD) program; the Division of Alcohol and Substance Abuse's legislative initiatives; and the Tuition Waiver program;
- Sponsoring member attendance at training and outreach activities and the annual Tribal Gathering; and
- Nurturing strong, supportive, collaborative relationships with DASA staff, and expanding our understanding of the legislative and budgeting process.

Future Council Initiatives

The Citizens Advisory Council is planning initiatives in a number of areas:

- To continue to create awareness among local governments, local elected officials, and legislators about the cost savings and cost offsets that result from the delivery of quality chemical dependency prevention and treatment services;
- To continue efforts to coordinate the biennial prevention planning process, and work closely with the Division of Alcohol and Substance Abuse on the implementation of the Strategic Prevention Framework-State Incentive Grant;
- To work with the Division of Alcohol and Substance Abuse and communities to attract new professionals to the chemical dependency field, and further dialogue about steps necessary to deal with the shortages of chemical dependency professionals to work with specialized populations;
- To continue and expand working relationships and ongoing dialogue with representatives of Indian sovereign nations, including helping to plan the annual Tribal Gathering, as we work together to build communities free of alcohol and other drug abuse;
- To continue to advocate for a compassionate equitable policy related to drug offenders, with a strong emphasis on the provision of quality alcohol and drug prevention and treatment services;
- To establish a liaison with the Washington State Substance Abuse Coalition and others concerned about underage drinking; and
- To invite members of local county alcoholism and other drug addiction boards to address the Council at its meetings across the state regarding local concerns and initiatives.

Join Us!

The Citizens Advisory Council on Alcoholism and Drug Addiction is always looking for individuals who can contribute to our ongoing work of advising the Department of Social and Health Services regarding the provision of quality substance abuse-related services, and working with communities to reduce the impact of alcoholism and other drug addiction.

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